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CANNING CHICKEN

Hens not laying eggs enough these days to earn their feed and roost may be just right for canning, according to _____ (Name), _____ (Title), _____ (Institution). For the best chickens to put in jars or cans are plump hens - 2 years or a little older.

To homemakers who plan to put up some "chicken dinners" now for winter-time eating _____ (Name), points a few of the high lights of the chicken-canning directions of the Federal Bureau of Home Economics.

First and most important, there must be a steam pressure canner on hand. Only with one of these is it possible to maintain a temperature that's above boiling inside a can or jar. This heat is necessary to kill the bacteria that may cause dangerous food poisoning. It is not safe to can poultry or any meat in water baths, steam canners without pressure, or in the oven because in none of these does the temperature ever get above boiling.

Containers for canning chicken may be either glass or plain tin. Pint jars and No. 2 or No. 2-1/2 plain tin cans are the best sizes. Larger containers are not recommended because they need such heavy processing.

Dress chicken for canning as it is usually dressed for cooking immediately. Leave the skin on or take it off as preferred. Trim off excess fat. Divide the chicken pieces into three groups--the meaty pieces, the

bony pieces, and the giblets. Cook the bony pieces to make broth for the canning liquid. Precook the meaty pieces before packing them in the containers. And can the giblets separately because of their distinctive color and flavor.

Best way to precook chicken to be canned in glass or in a moderate oven--spread on a rack in a pan. Chicken canned in tin may be precooked in the cans before they are sealed by putting them in a bath of boiling water that comes within 1-1/2 to 2 inches of the top of the cans.

Frying is not a satisfactory method of precooking chicken to be canned. For canned fried chicken has little in common with the tasty freshly fried variety. When canned, it becomes unappetizingly hard and dry-- and develops a disagreeable flavor during storage.

Times for processing chicken vary considerably with the size and kind of container--as well as the way the chicken is put up. Chicken canned with the bone in it takes less time to process because the bones help to conduct the heat into the meat.

For the most part it's best to put up chicken by itself-- then to combine it later in the same ways as freshly stewed chicken.

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